

# **MENTAL HEALTH AND DISABILITY SERVICES COMMISSION**

March 16, 2017 - 9:30 am to 11:30 pm  
Urbandale Public Library, Meeting Room B  
3520 86th St, Urbandale, Iowa  
MEETING MINUTES

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## **MHDS COMMISSION MEMBERS PRESENT:**

Thomas Bouska  
Thomas Broeker  
Jody Eaton  
Marsha Edgington (phone)  
Lynn Grobe  
Kathryn Johnson  
Betty King  
Brett McLain

John Parmeter  
Rebecca Peterson  
Michael Polich  
Patrick Schmitz  
Rebecca Schmitz  
Marilyn Seemann  
Jennifer Sheehan

## **MHDS COMMISSION MEMBERS ABSENT:**

Senator Mark Costello  
Representative David Heaton  
Sharon Lambert

Geoff Lauer  
Senator Liz Mathis  
Representative Scott Ourth

## **OTHER ATTENDEES:**

Theresa Armstrong	MHDS, Bureau Chief, Community Services and Planning
Bob Bacon	University of Iowa CDD
Teresa Bomhoff	NAMI Greater Des Moines/Mental Health Planning Council
Catie Campbell	Department of Inspections and Appeals
Christie Gerken	Iowa Advocates for Mental Health Recovery
Linda Kellen	Iowa Department of Inspections and Appeals
Natalie Koerber	Amerigroup
Ellen Ritter	Heart of Iowa MHDS Region
Jim Rixner	Siouxland Mental Health Center
Peter Schumacher	MHDS, Community Services & Planning/CDD
DJ Swope	Iowa Department on Aging

## **Welcome and Call to Order**

Patrick Schmitz called the meeting to order at 9:34 am and led introductions. Quorum was established with fourteen members present and one participating by phone.

## **Approval of Minutes**

Tom Broeker made a motion to approve the February 16, 2017 meeting minutes as presented. Lynn Grobe seconded the motion. The motion passed unanimously.

### **MHDS Update – Theresa Armstrong**

Theresa said the administrative rules regarding the Autism Support Program and mental health crisis services accreditation are posted in the February Administrative Bulletin, and the public comment period extends through April 7.

Administrative rules adopted by the Commission last year regarding mental health advocates contained one section on data collection that was placed on a session delay. If no action is taken, the rules will go into effect at the end of the legislative session. Theresa said the Department had no plans to amend these rules.

Becky Schmitz asked about HF 234, which is a bill that would remove the requirement for mental health advocates to send regular reports to the courts on their activities. Theresa answered that the report mentioned in the bill is just on the hours the advocates logged in their duties which was used to determine their payment when they were employees of the court system. Now that they are employees of counties, there is no need for these reports to be filed with the courts unless requested.

HF 546: A bill that would mandate all mental health and disability services currently listed as core plus services. This bill would also establish a statewide workgroup to address the care of people with the most complex needs. The bill also instructs MHDS Regions to form their own groups to address needs more locally. Theresa said this bill also contains changes to the inpatient bedtracking system. The bill would require hospitals to update the system twice a day, whereas now hospitals provide updates voluntarily. The bill would also add gender as a sorting criterion.

SF 369: This bill would require the Department to contact all 29 hospitals with inpatient psychiatric beds twice a day to ensure they have updated the bed tracking system. Theresa said the Department already checks the system every day and contacts any hospital that has not updated their system in the last twenty-four hours.

Kathy Johnson asked who has access to the system. Theresa said anyone who could work with inpatient psychiatric placement and asks the Department could receive access. Currently hospitals, community mental health centers, integrated health homes, Medicaid Managed Care Organizations (MCO), case managers, law enforcement agencies, MHDS Regional staff, etc all can access the system.

HF 343/SF 365: is a bill on MHDS Region funding. Theresa said this bill would make a statewide levy cap of \$47.28 per capita.

SF 302: is a bill that would allow counties and regions to contract with a third-party transportation provider to transport individuals under mental health commitment. Some counties are already contracting with other providers. Theresa said this bill would give expressed permission where the law is currently silent.

SF 464/HF 319: are bills that would allow mental health professionals to perform mental health assessments. This is within their scope of practice, but currently, doctors are required to sign off on all assessments.

Becky Schmitz asked if this bill had any resistance. Theresa answered that only the physicians' association had been resistant. Patrick Schmitz said doctors would still be responsible for the decision to admit an individual.

SF 400: is a bill that would require that private health insurers to cover applied behavioral analysis services for children with autism.

Kathy Johnson asked if there were any bills regarding mental health workforce development. Teresa Bomhoff answered that HF 393 was a bill that would make changes to program funding flexibility which could theoretically allow the Department of Public Health to fund workforce initiatives.

There was a discussion of other mental health workforce efforts that did not survive the first funnel.

Patrick Schmitz asked about the progress on the rewriting of Chapter 24 accreditation rules. Theresa Armstrong answered that Cheri Reisner and Ginger Kozak were diverted for a few months to focus on processing applications, but have returned to their work rewriting the chapter. Theresa said recently they met with national accreditation bodies to discuss how they evaluate mental health service providers.

Kathy asked if there was any talk about children's mental health. Theresa said she did not have any specific updates. Senator Mathis has expressed interest, but there has not been any movement. Theresa said she would expect to see something in the Health and Human Services Appropriations Bill.

Becky Schmitz mentioned the Revenue Estimating Committee and said she heard the Governor may have to utilize reserve dollars to have enough funds for the rest of this fiscal year. Theresa answered that she did not know how this would affect future budgets, but the Department is looking into it.

There was a discussion on licensing of professionals in Iowa.

### **Selection of a Nominations Committee – Patrick Schmitz**

Patrick Schmitz said the Commission selects a Nominations Committee to select a chair and vice chair for the next year. This would consist of three members of the Commission who would meet by phone to recommend a chair and vice chair to the Commission. Jody Eaton, Jen Sheehan, and Brett McLain volunteered to serve as the Nominations Committee.

## **Peer Support Specialists – David Lange**

David introduced himself and thanked the Commission for inviting him to speak. David said that everyone receives peer support. If someone gives you advice about something with which they have experience like woodworking or bee-keeping, that is peer support.

David said currently, peer support is being utilized in a number of different areas of mental health support including warm lines, mobile crisis services, acting as a peer “bridger” for individuals leaving inpatient units and helping them transition to outpatient and back into the community, and working in wellness centers.

Patrick asked David to explain what a wellness center was. David answered that wellness centers are places where individuals can receive direct peer support. The centers are typically open three to four days a week and have therapy groups run by peers, or just diversion activities like coloring or video bowling.

David spoke about Wellness Recovery Action Plans (WRAP) where individuals examine themselves when they are well, and when they are not, and develop a plan to recognize signals and triggers, and how to deal with them in a healthy way. WRAP also includes recovery plans to help people return to their regular lives after an episode.

Betty King asked about employment opportunities for Peer Support Specialists (PSS). David said there are some barriers for employment for PSS such as low pay and a lack of a clear job description. Betty asked if PSS would be paid better in the future. David said he did not know.

There was a discussion about peer support services in prisons.

Teresa Bomhoff asked about MHDS Regions’ involvement in peer support services. David answered that he has had meetings with MHDS Regions, and some are developing services. Theresa Armstrong said that MHDS Regions are at different levels with their involvement with peer support, and said that Regions and Medicaid MCOs should work together to develop peer support services across the state. This month’s Regional CEOs’ meeting will have a conversation about peer support in Iowa.

Patrick asked that they emphasize the importance of peer support in Integrated Health Homes (IHH), and expressed concern with Medicaid MCOs’ interpretation of peer support services. Theresa said that she would, but also that peers need to be in places other than IHH environments. Kathy Johnson said there has been a push to place PSS in IHH teams, and that may not be the best fit for many peers.

There was a discussion on the value of peer support and the many ways PSS can contribute to mental health care.

Patrick said he appreciated how David normalized peer support, and explained how everyone gets peer support in their lives.

Kathy Johnson asked about training for peer recovery coaches. Michele Tilotta answered that the Department of Public Health has worked on this project, and there is funding for training in substance use disorder recovery. Karen Hyatt said she met with Kevin Gabbert to look through the curricula and align their efforts.

### **Planning for April Meeting**

Becky Schmitz asked if the Commission could receive an update on transportation services.

There was a request for an update on IA Health Link and a look back on the first year under the program.

Teresa Bomhoff asked if the Commission and Mental Health Planning Council could see the MHDS Regional Dashboard and have a presentation from the Department of Veterans' Affairs on a new initiative they have at their joint meeting on May 17.

### **Public comment**

Jim Rixner of Siouxland Mental Health Center said he was retiring soon, and expressed concern with Medicaid MCOs. Jim said he is currently owed hundreds of thousands of dollars between Iowa Medicaid Enterprise (IME) and the three MCOs and that he will be referring them to collections agencies.

The meeting was adjourned at 11:27 am.

Minutes respectfully submitted by Peter Schumacher.